



Eco - Sense



No. 10 October 1985

Newsletter of the Human Ecology Foundation of Canada, Ottawa Branch
Bulletin de la Fondation canadienne pour l'écologie humaine, Ottawa

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WORLD ENVIRONMENTAL FESTIVAL '85

In early June, Pollution Probe organized a week-long environmental festival on the theme, "The Earth: Ours to Care For". Throughout the week an exhibit was maintained in the National Museum of Natural Sciences representing the environmental concerns of such Organizations as: UNESCO, Parks Canada, Canada Research, Canadian Organic Growers and the Human Ecology Foundation of Canada. During the course of the week a variety of events were hosted, the highlight of which was perhaps the Environmental Awards Ceremony. Several films and slide-tape presentations were shown which served to bring into perspective the beauty of Canada and its National Parks, the fragility of our natural environment both nationally and internationally and the necessity for global cooperation on environmental issues.

It was against this background that the work of individuals was identified and recognized as having a significant impact on the environment both nationally and internationally. Dr. John MacLennan, a pioneer in the field of Human Ecology and in the research and treatment of environmental illness was presented an award by Dr. David Brooks, President of Friends of the Earth. The Honourable Suzanne Blais-Grenier, Minister for the Environment, the Honourable Jake Epp, Minister for National Health and Welfare, the Honourable Edmund Bartlet, Jamaican Minister of Youth, Sports & Community Development, together with a host of other representatives from governmental and community-based organizations were on hand and each in turn presented nine other environmental awards.

The festival culminated in an outdoor environmental exhibit where a diverse number of groups (approximately 40) set up exhibits. The exhibit permitted environmental groups to meet, speak with and share information and ideas on environmental concerns with each other and with the public.

LETTER FROM THE PRESIDENT

Hi,

We are now well into another year and I hope that many of you are on your way to recovery. The summer was a quiet although brief reprieve from our otherwise busy schedules and, as we focus our energies on a variety of new program areas, I hope that we will find the upcoming year a useful one both in terms of learning and health-building. To all new members I extend a special welcome and invite you to share your ideas and skills with us as we work together in making HEF an organization which will serve effectively the needs of its members. On a more solemn note I would like to say how very sorry I am to announce the resignations of Annette Whyte, Telephone Committee Chairperson, and Liane Donaldson, Newsletter Co-editor and initiator of an HEF satellite francophone group. Mrs. Whyte contributed considerable time and energy to the Foundation in her tireless attempts to organize and coordinate a telephone network as a means to communicate messages and other information to members. Mrs. Donaldson's energetic and giving nature was an asset to the Foundation and it is with a sense of sorrow that I, together with many others, accept her resignation. On behalf of HEF I would like to wish good luck to Annette and Liane in their endeavours both at work and at home and in other pursuits.

I look forward to seeing all of you at our monthly general meetings or other special events organized by the Foundation. Please come to learn, share and help.

Ecologically yours,

Lynda Brooks

HEF OTTAWA CONCERNED WITH SPECIAL NEEDS OF SINGLE INDIVIDUALS

Recently, several Ottawa HEF members submitted a proposal to the Executive Committee for the establishment of a Sub-Group to address the special needs and interests of single people confronted with environmental illness. The Ottawa Executive Committee gave unanimous approval and support to the proposal.

If you are single and would like to:

- exchange recipes, goods, ideas and information,
- share in large organic food orders,
- participate in discussion groups focusing upon issues of special concern to single ecologically sensitive individuals,
- gather socially in an informal atmosphere, join in pot luck suppers, outings etc.,
- receive and/or give moral and emotional support,
- other,

the Sub-Group invites you to join the network and share your concerns and ideas. For more information on the Sub-Group's rationale and objectives or if you would like to join, please contact Jean Howell (521-1425) or Judy Benson (729-2659).

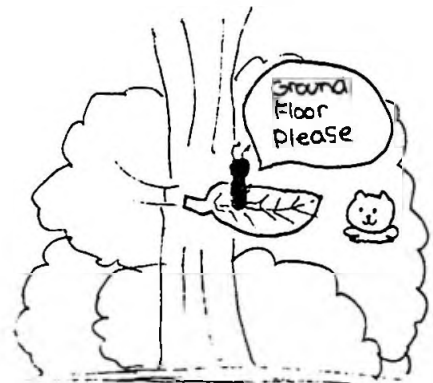
THE HUMAN ECOLOGY FOUNDATION OF CANADA: AN UPDATE

The Board of Directors of HEF National met on the 1st of June 1985. As incoming President, Lynda Brooks introduced a number of new initiatives into the 85/86 program for HEF, all of which were ratified by the Board. Through the establishment of Ad Hoc Committees designed to embrace each initiative, the following issues will be addressed:

- pesticide/herbicide spraying;
- government monitoring and advocacy on health and environment in keeping with the concerns of the Foundation and its members;
- environment and schools;
- fundraising;
- Foundation publications (regular review and updating).

Placing emphasis upon the necessity for greater cooperation and information exchange between HEF and its Branches on the one hand and among Branches on the other, the President encouraged all Branches to undertake Committee work locally in one or all of the above areas. The Kitchener Branch has worked and will continue to work diligently in the area of schools. The Toronto Branch expressed interest in several areas while the Ottawa Branch has set up Committees in all five. Participation by the Ottawa Branch in the World Environmental Festival sponsored by Pollution Probe and the Pesticide Workshop sponsored by World Interaction enabled HEF to become part of a much larger network of environmental groups. Revision and standardization (for use by all Branches) of the HEF Welcoming Kit to new members was completed by the Ottawa Branch during the summer months.

The Foundation will no longer operate under a provincial (ie. Ontario), unilingual charter. Proceedings which will result in a federal charter allowing HEF to function as a national, bilingual entity are nearing completion. The french translation of HEF was accepted by the Board as La Fondation canadienne pour l'écologie humaine.



THE HUMAN ECOLOGIST'S OFFICE: WHAT TO EXPECT

1. It should reflect the ideals of ecology;
2. Floors should be bare and as safe as possible;
3. The office should be uncluttered - very few books and papers lying about to outgas - especially in testing area;
4. A knowledgeable person should be available to answer any questions on medication, treatment, etc.;
5. There should be no perfumes, perfumed products or noxious substances in the office;
6. The doctor should be qualified, up to date and aware of the latest developments in the field of Ecological Medicine.

Testing procedures are only as good as the technician and the atmosphere. If a patient is reacting to the atmosphere then a clear cut neutralizing point cannot be obtained and therefore the shots will not work the way they should. Your care is very much in your own hands. Research the doctor, the office, the testing area, the types of testing and tests used, the knowledge, the care and the alternatives before you invest. This is your life that you are investing in. You would not want to make a major purchase without taking these steps. Does your life not deserve the same consideration?

Lynda Brooks

SUCCESS AT THE FLEA MARKET

As most of you know HEF had booth space at the annual mammoth fund-raising "Country Flea Market" held at the Coliseum on October 20th. The Flea Market is an annual event sponsored by the City of Ottawa to assist non-profit organizations in the region to raise money for their work. The day was a very successful one both as a fun event and as a financial bonanza for HEF. We are pleased to report that \$367.30 was raised from the sale of such items as collectibles, books, skates, ski boots, hardware, appliances, clothing and household furnishings - even some of our theme decorations. Our booth was half the size we needed and looked like an old curiosity shop which probably was its main appeal as it attracted crowds of people throughout the day.

We will be gearing up early for participation in next year's Flea Market so, keep it in mind before discarding or selling unused items.

Many thanks to the donors who contributed to a successful day of fundraising for HEF and to the volunteers who "funraised" and sold almost everything including the booth! The team of "funraisers" consisted of Hilary McCarthy, Carolyn McCoy, Marianne Kaprowicz, Suzanne Greene, Sue Patrick, Myrtle Gordon, Fred Light, Vince Guenette, Alice Kopp and Janet Lee.

Judy Benson and Lynda Brooks, organizers

QUESTIONNAIRE on DOCTOR'S OFFICE, APPOINTMENTS AND TESTING Survey Results

In the fall of 1984 a questionnaire was designed by four members of the Human Ecology Foundation of Canada (Lynda Brooks, Janet Lee, Estelle Drolet and Liane Donaldson). The questionnaire was to fulfill a two-fold purpose. On the one hand it was to allow Ecologists to learn of the particular concerns of environmentally ill patients (and then respond to and/or discuss such concerns in an open panel) and on the other, to provide HEF members a chance to identify and articulate their particular concerns, problems and needs regarding ecological health care. An 8-page questionnaire was distributed to all HEF Ottawa members. This represented the first survey to be undertaken within the HEF community in Canada. Despite questionnaire detail and length, a 58% response rate was received.

Ecologists able to attend the Panel Discussion on the results of the questionnaire were Dr. John Molot and Dr. Lynn Marshall. Approximately 20% of Ottawa members attended. Vincent Guenette provided a recap of the questionnaire results. Dr. Marshall responded positively to the concept of such a questionnaire noting the importance of having a mechanism for people to express their feelings and ideas. Further, she viewed the undertaking as important work for the Foundation and for doctors. Dr. Marshall discussed the practical dimensions of a practicing Human Ecologist in terms of the frustration/confusion levels generally accompanying the condition of such patients (admittedly as a result, in part, of their experiences with the medical profession) and the pacing that a doctor establishes for doctor/patient visits (pacing depends upon the type of practice undertaken, which in turn is influenced by OHIP and its fee charging structures). Working within such constraints, a doctor is often forced to merge a human ecology practice with another less draining and time-consuming one. Questionnaire results from respondents, when asked what time period should exist between testing sessions, varied greatly. Dr. Marshall expressed concern over this matter and pointed to the difficulty, on the part of doctors, in responding to this variance. However, factors such as testing costs, patient awareness and the seriousness of any given patients' condition were not discussed although they could conceivably account in part for this variance. Finally, Dr. Marshall commented on the lack of clarity by respondents on the type of group sessions desired for assisting individuals in the management of environmental illness.

Dr. Molot reaffirmed Dr. Marshall's point concerning the fact that the practice of human ecology does not fit neatly into usual medical practice timing scheduling. Further, he found that responses generally appeared to be confused, that a lot of frustration was prevalent and that positive/negative anger emerged in the responses. Dr. Molot emphasized that the environmentally sensitive are above all "different" in their sensitivities, so that common treatments for all people are not possible. Referring to the Dallas Clinic, he spoke of a "complete treatment" centre where not only the condition of the individual is identified and treated, but also the individual learns to deal with change, a primary component in the treatment and in the

understanding of one's condition. Dr. Molot emphasized the need to move slowly in a step by step motion so as to prevent the "treatment from being worse than the disease".

Questions

The Doctors were questioned as to whether they felt the production of a Doctors' Kit would be feasible as a method to assist patients in their attempts to understand and manage their condition.

Dr. Molot preferred that patients simply provide a list of their particular questions during office visits. HEF members suggested the need for both written and verbal information relating to environmental illness. Indeed, it was suggested that workshops would be useful to communicate such information with a minimum of repetition. Questionnaire statistics indicated that 78.6% of respondents felt that workshops would assist and complement the efforts of the doctors. Regarding the seriousness of the illness, 81.3% of respondents preferred to be informed first of their condition, while 9.3% preferred to be informed gradually. It was felt that doctors tended to downplay the seriousness of environmental illness and preferred the "gradual" approach in informing their patients. If the individual can see the stages of his/her condition, it then becomes easier to understand ones situation and gain a perspective upon the degree to which one is progressing or regressing, as the case may be.

Dr. Molot pointed to the difficulties associated with informing people of their chronic illness, with particular reference to its psychological effects. When questioned as to whether he would recommend psychologists for emotional needs, Dr. Molot indicated that he would do so on stress-related illness grounds. Dr. Marshall indicated that she would approach the matter from the point of view of susceptibility and the varying degrees or levels of individual response. A consultant present, Lynda Brooks, urged that people become aware of the stress overload condition and the associated problems that recur if stresses are not minimized. Thus, she emphasized the need to help people stabilize rather than allowing them to teeter back and forth. Dr. Marshall added that since the susceptibility factor cannot be changed, other "managable" factors must be controlled.

Doctors were questioned as to why psychiatrists were not involved in the area of environmental illness (EI) and why allergists were not acknowledging EI conditions. Dr. Marshall emphasized the importance of educating the public on the condition, making reference to Parents of the Environmentally Sensitive and the pressure they exerted on the government to bring about the current Commission of Enquiry into Environmental Illness. In response to how HEF might support human ecologists, Dr. Molot indicated that he always attempts to direct patients to HEF. Further, he expressed his interest in HEF making a very concrete program proposal to the doctors. Dr. Marshall indicated that the response to the Commission was a major feat on the part of HEF for human ecologists.

Follow-Up

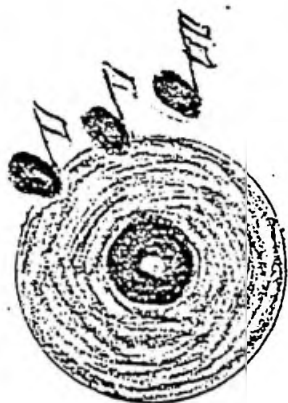
Questionnaire findings were of great assistance to the Foundation and human ecologists, and a number of initiatives have resulted in the form of follow-up. In response to the high demand for more information by patients, workshops are now being organized on an irregular basis (please contact Lynda Brooks, 836-7656). The findings suggested that HEF members may have a variety of unsatisfied needs. Recently, another questionnaire was developed by HEF Ottawa, which is designed to gather more information on such needs and any services required, the extent to which they are currently being met and ways in which the Foundation may begin to satisfy or facilitate the satisfaction of member needs.

SCHOOL ENVIRONMENTS

"Parents and Teachers for a Healthier School Environment" was formed last spring with the aim of bringing air quality and pollution problems in schools to the attention of school boards and to inform teachers and parents of the effect of the environment on the learning abilities of students. A Working Committee composed of Marey Gregory, Helen Spense and Virginia Salares has begun to meet, although the involvement of more parents and teachers is very much needed. The greater the support, the more we will be able to accomplish. If you know of teachers in your children's school who are concerned with air quality and who want to see some changes made, please let them know that this Group exists and have them contact: Virginia Salares, 839-5667.

We urge parents to become more vocal, to write letters to their children's teachers and to the school principal. We have found that the most effective way to ask a teacher to stop wearing perfume for instance is by writing the teacher and explaining how perfume affects your child. Other concerns, such as the school being painted, arts and crafts or smoking in the school, should be directed to the principal and to: Mr. John Morrell, Health and Safety Officer, Carleton Board of Education (CBE), 133 Greenbank Rd., Nepean K2H 6L3 (if your child is at a Carleton Board school). You may not necessarily effect a change but your concerns will be on record. The Board has to know that it is not just one or two parents who have concerns.

The ecological classroom in Kitchener is a milestone for students with environment-related problems. The Kitchener Executive Committee, encouraged by the results of the pilot classroom has now begun to incorporate ecological measures into other classrooms. We expect positive action by the Board of Education for the City of Toronto in response to the recent release of Bruce Small's publication, Recommendations for Action on Pollution and Education in Toronto: A Report. Let us try to make some headway with our own school boards. It would be too optimistic to expect that the school boards will suddenly implement changes without any work on our part. Before the end of the school year, Parents and Teachers for a Healthier School Environment together with HEF, hope to make a formal presentation to the CBE and the Ottawa Board of Education(OBE). Concerned Ottawa parents - where are you? Last spring OBE parents were not prepared or motivated to respond to this issue but now with a formal Working Committee in place and several examples of positive action in other cities, we are more prepared to work together with you on improving the environment within schools.



DANCE MUSIC

H.E.F.

(THE HUMAN ECOLOGY
FOUNDATION)

PRESENTS



DOOR PRIZES

FRESH AIR

FUN

FOOD

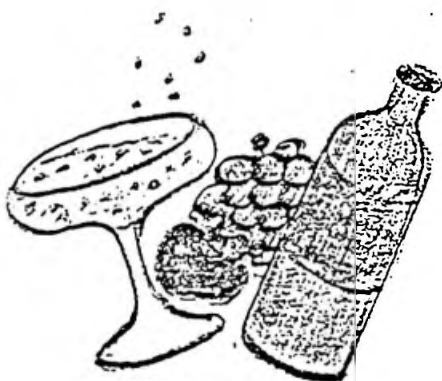
NOVEMBER 29

7³⁰ P.M. - 1⁰⁰ A.M.

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LIBRARY UPDATE

Items listed below may be obtained from the HEF Library by visiting the Library or requesting items by phone or mail from the Librarian, Janet Lee, 1273 Rideout Crescent, Ottawa, Ont. K2C 2X9 (613)828-2547.

Note: -Please return your books so that others may benefit from them. We recognize and appreciate the fact that most of you are prompt.

-The Coping with Candida Cookbook by Sally Rockwell is in great demand but has not yet been returned to the Library by the borrower.

-If you would like to make comments, good or bad, on any items in the library collection please feel free to do so. Thank you.

Books and Articles available

Can the mercury in your dental fillings poison you?

Grimaud, Andrea. "Asthma campaigner: complaint will be 'disease of the century'" The Gazette, 5 July '85.

Kaufman, Mike. "Sick and dizzy? It could be your pillow".

Pritchard, Chris. "Terrible allergy turns mom of 4 into ... prisoner of darkness" National Enquirer, p. 23.

Review This article outlines the case of a 45 year old Australian woman who's EI condition was triggered by overexposure to chromate in her factory job.

Small, Bruce M. & Associates. Recommendations for action on pollution and education in Toronto: a consultation paper prepared for the Pollution and Education Review Group of the Board of Education for the City of Toronto. [Toronto]: Bruce M. Small & Associates, May 1985.

Review The title of this document is fairly indicative of its intent. Through a fairly detailed review of the literature, a series of interviews and public meetings, etc., explores various dimensions of the effects of pollution on education. The study goes so far as to undertake an analysis comparing the effects of pollution on education to the effects of other factors on education. The report concludes with a lengthy set of recommendations for action on the issue of pollution and education. The document is very well indexed and includes a bibliography, abstracts and detailed sets of other supporting information.

Underwood, G. Joy. New diet-recipe booklets, 1983/85. [For details on the contents of booklets available and prices, contact Librarian].

Water System - Hurley Town & Country. "Now you can stop water pollution...at least...in your own home".

"Why one in three is victim of allergy: medicine has made us biochemically different from people of the '50s" The Gazette, 5 July '85

Ziff, Sam. The Toxic time bomb.

NOUVELLES DE LA BIBLIOTHEQUE

Cayouette, Pierre. "Le dialogue entre médecine traditionnelle et médecines douces est devenu indispensable". Le Devoir, 30 septembre 1985, p. 16.

Couffinhal, Martine. "Le Bruit fait mal: comment s'en protéger" Prévention Santé, mars 1984, p. 50-59.

"Crampes, insomnie, douleurs... pensez aux aliments riches en magnésium" Prévention Santé, no. 39, décembre 1984, p.30-34.

Dartois, Dr. Julien. "Allergie: les dernières découvertes" Prévention Santé, no. 24, septembre 1984.

Dupont, Odile. "Conserve ou surgelés" Prévention Santé, février 1984, p. 24-29.

Francoeur, Louis-Gilles. "La culture maraîchère écologique se donne des normes" Le Devoir, 16 août 1985, p. 15.

"Les Huitres: légendes et réalités" Prévention Santé, no. 40 janvier 1985, p. 16-18.

"Il est toujours enrhumé: quand soupçonner une allergie" Prévention Santé, no. 40 janvier 1985, p. 23-25.

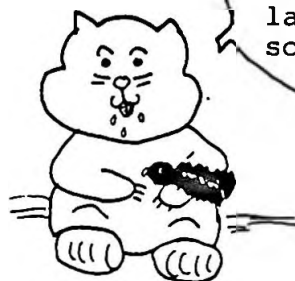
Laughrea, Michael. "Comment la fumée de tabac affecte la santé des non-fumeurs" Le Devoir, 17 janvier 1985.

"La Maladie du baiser: soyez sur vos gardes même chez les tout-petits" Prévention Santé, no. 39 décembre 1984, p. 87-89.

"Maux de tête: à chaque cas son remède - des migraineux célèbres" Prévention Santé, no. m2488-36, septembre 1984, p. 37-42.

Naudin, Odile. "Allergie aux animaux familiers: la vérité sur la désensibilisation rapide" Prévention Santé, no. 38, novembre 1985, p. 58-9.

"Les Vertus cachées du chocolat: il adoucit les peines de coeur" Prévention Santé, no. 40, janvier 1985, p. 58-61.



Je me demande si les
chauve-souris goûtent
la même chose que les
souris sans ailes?

FOOD IRRADIATION

Bibliography

- Crooks, Cheryl. "The x-rayed apple: should you eat it?" Health, Oct. '84, p. 57-58.
- Hall, Dr. Richard L. "The ripple of the future" Nutrition Today, July/August '84, p. 12-13.
- "Irradiation in action: with the possibility of legislation permitting food irradiation, Peter Eustace went to see the system in action in Swindon" Food Manufacture, April '82, p. 41.
- Lecos, Chris. "Irradiation proposed to treat food" FDA Consumer, May '84, p. 11-13.
- Sun, Marjorie. "Renewed interest in food irradiation: FDA ponders approval as proponents push it as an alternative to pesticides" Science, Vol. 223, 17th Feb. '84, p. 667-68.
- Thayer, Donald W. "Food irradiation" Cereal Foods World, Vol. 29, no. 6, June '84, p. 353-56.
- Thompson, Steven R. "Food irradiation overview" Association of Food and Drug Officials, Vol. 48, no. 4, Oct. '84, p. 251-56.
- Tsuji, Kiyoshi. "Low-dose cobalt 60 irradiation for reduction of microbial contamination in raw materials for animal health products" Food Technology, Feb. '83, p. 48-54.
- Urbain, Walter M. "Irradiated foods: a giant step beyond appert" Nutrition Today, July/August '84, p. 6-11.

Reviews

Time permits us to provide you with only one review of the above articles. If you enjoy reviewing books and/or articles HEF invites your support and assistance.

In Tsuji's article (listed above) focus is upon the nature of raw materials used in the manufacture of animal feeds and the fact that such materials, whether being used for the production of pharmaceuticals or animal feeds, are rarely, (if ever) sterile when received. Consequently, "special treatment" is "occasionally required" prior to their use. In the case of animal feeds, particularly animal protein derivatives, frequent links have been established between their treatment and their subsequent record as being a "significant source of salmonellosis in animals". Tsuji suggests a direct connection to animal feed and its "perpetual cycle of transmission". Low-dose cobalt 60 irradiation is explored as a method to reduce microbial contaminants.

GAMMA OIL

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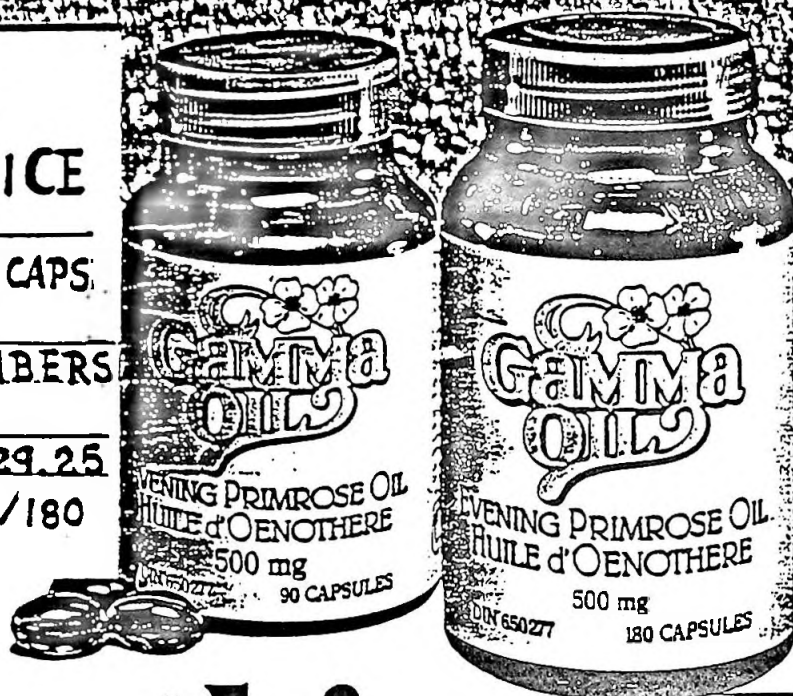
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 **CHEMISTS**

CLAIMS UPDATE: INCOME TAX

It may be of interest to those who are planning ecological changes to their home (additions, renovations or new construction) to know that some expenses we incurred in building our new home, which we claimed as medical expenses, were allowed. Expenses claimed included such things as special ventilation, a hot water heating system and unpainted plaster. We submitted receipts, obtained a letter from our physician indicating that these were medically necessary and wrote a detailed letter describing our children's health and why we had to construct an ecological home. We claimed the difference in cost between what we spent for the ventilation, heating and unpainted plaster and what we would have spent for standard electric baseboards and gyproc walls (we had a written bid from a company). The amount we claimed was almost 10% of the total cost of the house, and 90% of what we claimed was allowed. Numerous other expenses were incurred in making the building ecological such as: expensive insulation, added labor cost in sealing the vapor barrier, higher cost of real wood over plywood, etc. but we felt it was difficult to put a dollar value on these. Had we claimed for more than we had supporting documentation for, we do not know if we would have succeeded.

V.R. Salares

A LITTLE MIXED UP

Just a line to say, "I'm living,
That I'm not among the dead;
Tho' I'm getting more forgetful,
And more "mixed-up" in the head.
For, sometimes, I can't remember -
When I stand at foot of stair -
If I must go up for something,
Or I've just come down from there.
And before the "fridge" so often,
My poor mind is filled with doubt:
Have I just put food away, or,
Have I come to take some out?

There are times when it is dark out,
With my nightcap on my head,
I don't know if I'm retiring,
Or just getting out of bed.
So, if it's my turn to write you -
There's no need in getting sore,
I may think that I have written,
And don't want to be a bore.
So - remember - I do love you,
And wish that you were here...
But now it's getting mail time, and
I must say, "Good-bye, dear."

There I stood beside the mailbox -
With a face so very red:
Instead of mailing you my letter,
I had opened it instead!

- Author unknown

JUST FOR FUN

What do you get when you cross
a cabbage patch doll with the
pillsbury doughboy?

- an ugly little kid with a
yeast infection!

And remember, allergy patients
never die they just fail to react!

Bev Fields won a trip to Disney
land. HEF joins in her enthusiasm
and wishes her the best of luck.



'When you see a tomato that looks this perfect,
you can bet it's gonna taste like styrofoam.'

UPCOMING EVENTS

HEF Schedule of General Meetings for 1985/86

- 24 October '85 Forum on Getting Better, speakers to be announced
(7:30 pm) McNabb Community Centre
- 29 November '85 Fresh Air and Food and Fun, HEF Fundraising Dance &
(7:30 pm) Buffet - no perfume, no smoke and all the organic
 food you can eat
 Westborough Community Centre
- 23 January '86 U.S. Ecological Conference: an update, speaker to
(7:30 pm) be announced, McNabb Community Centre
- 27 February '86 Candida Forum, speaker to be announced
(7:30 pm) McNabb Community Centre
- 27 March '86 Program & speaker to be announced
- 28 April '86 Supplementation & Detoxification, Lynda Brooks
(7:30 pm) McNabb Community Centre

CONFERENCES

- '86 Brundtland Commission on Environment & Development
- 4-5 Apr. '86 Conference on Human Ecology & Environmental Illness
 Toronto Convention Centre.
- June '86 Fate of the Earth (for more information contact the
 National Survival Institute, 232-6634).
- '86 World Conservation Strategy

WORKSHOPS

- 2 November '85 Chemicals: in the workplace and the home &
(1:30 pm) alternatives to commercial cleaners etc., by Lynda
 Brooks, 97 Village Green, Kanata
 \$10.00

WORLD DAYS

- 5 June '86 World Environment Day
- 7 April '86 World Health Day (this coincides with Canada
 Nutrition Month)

CLASSIFIED

All ads are included free of charge for the convenience of HEF members.

Air cleaner HEF now owns a Tibbits apartment model air cleaner. It is available to our members for \$10./week or \$30./mth. If you would like to try it out, call Johanne Farlardeau, 749-1394.

Caulking material is carried by stores in numerous brands, nearly all however are toxic and have a strong odour. A good silicone caulking material (#343) exists and is produced by CSL Silicones Ltd. The product contains no fungicides, has a 30-year life indicated on its label, comes in white, grey or black and may be ordered (only in cases of 10) from Webco Sealants Ltd., P.O. Box 1711, Guelph, Ont. N1H 6Z9 (519)823-5960. Caution - perhaps due to contamination in packaging, the occasional tube may not be "good" (such tubes are fine for outside use or for those who are not chemically sensitive). It is essential therefore that you test each tube for tolerability, particularly if the caulking will be applied in frequently used living areas. For further details contact, Virginia Salares, 839-5667.

Comfort machine for dental anesthesia and cranio mandibular therapy now available in some dental offices. For more information contact Lynda Brooks, 836-7656.

Juicer available, excellent condition, price negotiable call 746-3938.

MEAT

Wild game is now available through HEF (moose, venison and bear). Contact Carolyn McCoy to place your order, 596-1498.

Organic Highland Beef is available at \$1.50/lb. and is being sold by the side (1/2 a cow). Contact Mrs. Cretcher, Alexandria (1-525-2898).

Sheets & blankets 100% cotton sheets (including pillow-cases) and blankets may be ordered through Sears Super Sale Catalog. Prices range according to size from \$14.99 to 29.99 for sheets and \$12.99 to \$29.99 for blankets. Flannel sheets also available and sheets for waterbeds.

A Vinegar alternative for the sensitive is Filsinger's made from organic apples and available at the Wheat Germ.

WANTED apartment to share with one or 2 other ecologically minded people, contact Judy at 594-4879.



TIBBITS CLEAN AIR MACHINE - UPDATE

Room model (16"l x 10"w x 18"h), \$395. plus tax. Available in tan metal with bronze fixtures, variable speed control, very quiet, back loader, 10' extension cord allowing portability, luggage handle on top and 6 stage filter.

Apartment model (22"l x 16"w x 32"h), \$575. plus tax. Available only in tan and comes with 8 stage filter, high volume blower with variable speed control and 3 air outlets in front.

House model (22"l x 16"w x 32"h), \$575. no tax. Attaches to furnace and comes in galvanized metal (tan colour available by special order), 8 stage filter, high volume continuous duty blower and timer.

Special allergenic, all galvanized machines are available for very sensitive Environmentally Ill customers.

Filters have a 4-6 month replacement time dependent upon pollution load. Filters for room model are \$35. @ and \$65. @ for apartment and house models.

For further information and ordering contact Gord Beckingham, 2133 Bel-air Drive, Ottawa K2C 0X2, by phone 727-9547 (h) or 235-4290 (w).

PRODUCT UPDATE

Corn oil/huile de maïs 100% pure, non dairy now available from Monarch / A 100 %, sans produit laitier maintenant disponible de Monarch.

Dolomite is now under serious scrutiny as a safe provider of "human nutrients" in the form of calcium and magnesium. It has been "reported that dolomite samples have been found to contain possibly harmful levels of toxic metals, including lead". (New Age Magazine, September '85, p. 78-).

Lavilin is an aluminum-free product, made from the herbal flowers Arnica and Calendula which was developed as an alternative deodorant. Body "odor is not caused by perspiration, but by bacteria" and "lavilin attacks these odor-causing bacteria, and keeps you fresh and free of odor until they regenerate". Thus, problems associated with traditional deodorants ("clogging pores" which then interfere "with the healthy function of sweat glands") are to some extent overcome. [Eastwest Journal, Oct. '85]

Monosodium glutamate (MSG) may be a hidden component within "Hydrolyzed Vegetable Protein often found in dehydrated soups and seasonings (30% composition according to Linda Pim, author of Additive Alert)". Dr. David Allen from Australia recently presented a paper to the Annual Meeting of the Royal College of Physicians & Surgeons of Canada in which he maintained that "MSG may be an important cause of asthma" and recommended that "further study on the effects of MSG be done quickly to review its status of being 'generally regarded as safe'". [Extracted from the newsletter of the Human Ecology Foundation of Canada, Kitchener Branch, Fall '85]

(Cont'd from page 8)

New Books

Stories the Feet can Tell Thru Reflexology.

Donaldson, Liane. Coping With Candida.

Coping With Candida is a personal account of an individual's attempts to cope with candida and sensitivities. (Available in both french and english, \$5.00/copy, call 836-7195).

IN MEMORIAN

We are saddened to report the death of Margaret Rice, the sister of one of our members, Marianne Kasprowicz and the death of Dr. John Molot's uncle. HEF extends sincere condolences.



WE INVITE YOU TO JOIN US

Membership in the Human Ecology Foundation of Canada includes a subscription to the Foundation's Quarterly magazine and Branch publications, which cover the latest developments in prevention and treatment of environmental illness. The Branches provide and hold meetings, lectures and other activities in each area. To become a member, complete the form below and mail it along with your cheque or money order (payable to The Human Ecology Foundation of Canada) for \$20.00 to: The Human Ecology Foundation of Canada, P.O. Box 11428, Station H, Nepean, Ontario, Canada, K2H 7V1.

Name _____
Address _____
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Telephone _____

I am enclosing a ___ cheque ___ money order for \$20.00 to cover one year's membership in the Human Ecology Foundation of Canada.

[Optional] This membership is a gift to the above from _____

[Optional] In addition, I am enclosing a donation of \$ _____ to further the purposes of the Foundation. (All donations are tax-deductible as charitable donations).

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